



GROUP 4  
BEST OF BEEF

11

## STEAK KEBABS

Honey-glazed sirloin and crisp vegetables, skewered and broiled or grilled to perfection, make a festive meal.



- An oil-free marinade adds tangy flavor without fat
- Beef is high in protein and iron
- 146 calories per serving

*Swift & Simple*



**PREPARATION TIME**  
20 minutes plus marinating  
**COOKING TIME**  
10 minutes

**SERVES 4**

- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon grated fresh ginger or 1 teaspoon ground ginger
- 1 clove garlic, crushed
- 1 teaspoon grated lemon peel
- ¼ teaspoon crushed hot red pepper flakes
- 12 ounces boneless sirloin steak, trimmed and cut into 1-inch cubes
- 8 cherry tomatoes
- 4 large mushrooms, cut in half
- 1 green bell pepper, cored, seeded, and cut into 8 squares

**1** In a shallow glass dish, combine soy sauce, honey, ginger, garlic, lemon peel, and red pepper flakes. Mix well. Add beef; stir to

coat. Cover with plastic wrap and refrigerate for 1 to 2 hours, stirring occasionally.

**2** Preheat broiler. Remove beef from the marinade. Discard marinade. Using four 10-inch metal skewers, alternately thread beef, tomatoes, mushrooms, and bell pepper. Place on broiler pan.

**3** Broil 2 inches from heat, turning 2 or 3 times, until meat is medium-rare and vegetables are lightly browned, about 10 minutes. Place on serving plates and serve immediately.



**PREPARE IN ADVANCE**

Marinate beef and assemble skewers up to 1 day in advance. Cover with plastic wrap and refrigerate until ready to cook. Place on broiler pan and proceed as directed in Step 3.

**PER SERVING:** Calories 146 (24% from fat) Carbohydrates 8 g Protein 19 g Sodium 202 mg Fat 4 g Cholesterol 52 mg

**COOK'S TIPS**

*Prepare mixed vegetables* for kebabs by choosing vegetables with similar cooking times, then cut them into bite-size pieces or lengths. Small vegetables such as cherry tomatoes are best kept whole.

Green onions, fennel, red onion, eggplant, and summer squash would also be appropriate vegetables for skewering.



*Metal skewers* come in a variety of shapes and sizes. For best results, choose skewers that are square or flat; they will hold food more securely.